



Overnight Tex-Mex Tortilla Brunch Bake

READY IN



795 min.

SERVINGS



15

CALORIES



287 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 4 oz chiles green undrained chopped canned
- 8 eggs
- 0.5 tsp garlic powder
- 2 cups grape tomatoes halved
- 0.5 tsp ground cumin
- 0.5 tsp ground pepper black
- 1 lb sausage italian hot cooked drained
- 0.5 cup milk
- 0.5 tsp paprika

- 2.5 cups cheddar pepper jack cheese shredded mexican style kraft finely
- 5 10-inch tortillas whole wheat cut into 1-inch-wide strips ()

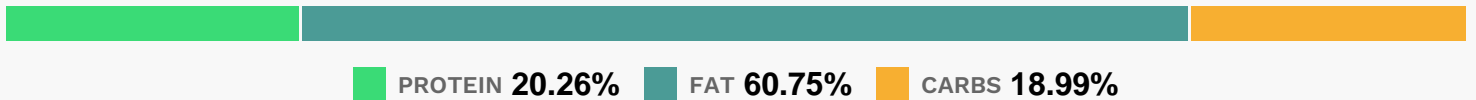
Equipment

- oven
- whisk
- baking pan

Directions

- Layer half each of the tortilla strips, sausage and cheese in 13x9-inch baking dish sprayed with cooking spray; repeat layers.
- Whisk eggs, milk, chiles, garlic powder, cumin and pepper until blended; pour over ingredients in baking dish.
- Sprinkle with paprika. Refrigerate overnight.
- Heat oven to 350F.
- Spread tomatoes over casserole.
- Bake (uncovered) 45 to 50 min. or until center is set and edges are lightly browned.

Nutrition Facts



Properties

Glycemic Index:12.53, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:8.7769565063974%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 286.89kcal (14.34%), Fat: 19.31g (29.71%), Saturated Fat: 8.42g (52.63%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 11.61g (4.22%), Sugar: 2.14g (2.38%), Cholesterol: 128.02mg (42.67%), Sodium: 546.84mg (23.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.49g (28.99%), Selenium: 17.65µg (25.21%), Calcium:

216.45mg (21.64%), Phosphorus: 187.94mg (18.79%), Vitamin B2: 0.25mg (14.72%), Vitamin B1: 0.2mg (13.19%), Vitamin B12: 0.68µg (11.4%), Vitamin A: 498.71IU (9.97%), Zinc: 1.49mg (9.96%), Iron: 1.69mg (9.39%), Vitamin B6: 0.18mg (8.96%), Fiber: 1.98g (7.92%), Vitamin C: 5.92mg (7.17%), Vitamin B5: 0.61mg (6.12%), Vitamin B3: 1.2mg (6.02%), Folate: 24µg (6%), Potassium: 197.03mg (5.63%), Vitamin D: 0.67µg (4.48%), Magnesium: 16.17mg (4.04%), Manganese: 0.06mg (3.11%), Copper: 0.06mg (3.07%), Vitamin E: 0.43mg (2.88%), Vitamin K: 2.31µg (2.2%)